

Let's Talk About It!

January 2021

Wellness Radio

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With **Scott Dudley**
 & **Maria Wyatt**

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SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of January 4 th	Eating Disorders: Binge Eating, Anorexia Nervosa, and Bulimia Nervosa When you or someone you know starts to show signs of being too preoccupied with food and weight issues, this might be an early sign of an eating disorder. Eating disorders can affect people of any age or gender. Join us as Juan Flores talks more in depth about these disorders and the treatment that is available to treat each disorder.	Juan J. Flores, LMFT Licensed Marriage and Family Therapist Behavioral Health Manager Youth and Young Adults Services
Week of January 11 th	Parenting Styles and Child Success (Originally aired April 2015) Is there a "best way" to parent? Do all children respond the same to parenting styles? It is easier to parent with two styles in the house? How do we consistently put our children on a path to success through our parenting? Does mental health impact parenting? Join us as Guadalupe (Lupita) Garcia discusses how parenting and mental health intersect.	Guadalupe (Lupita) Garcia, AMFT Associate Marriage and Family Therapist Children Services
Week of January 18 th	The Mental Health Support of Pet Ownership (Originally aired on September 2019) The mental health benefits of owning a dog or cat have been proven by many scientific studies. Animals help bring joy, a sense of companionship and responsibility. Join us as Devon Apodaca, the Executive Director of the Imperial County Humane Society as we celebrate the mental health support of pet ownership.	Devon Apodaca Executive Director Humane Society of Imperial County
Week of January 25 th	Anxiety and Depression Disorders and Therapies While anxiety and depression are not uncommon elements of an adult life, the pandemic has put these conditions in the forefront of many people's day to day existence. Join us as Mariana Magaña offers information on how to monitor, self-manage, and know when to seek support for depression and anxiety. Sharpen those self-care pencils and get ready to take notes!	Mariana Magaña, ACSW Associate Clinical Social Worker Psychiatric Social Worker II Adult EI Centro Anxiety and Depression Clinic

